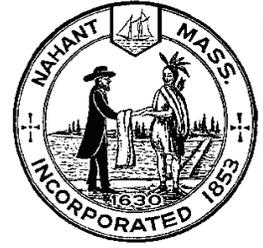


October 2013

# Nahant Tiffany Times



*Nahant Council on Aging*

334 Nahant Road Nahant, MA 01908  
(Basement of Town Hall)  
781-581-7557

Follow us on Facebook: [www.facebook.com/nahantseniorcenter](http://www.facebook.com/nahantseniorcenter)

## *Our Mission*

***"The mission of the Nahant Council on Aging is to provide physical, emotional, and mental stimulation enabling those sixty and over to achieve engaged and fulfilling lives in a safe environment."***

### **Meet the Staff**

Linda Spinucci -Peterson—Executive Director  
Caroline O'Connor—Assistant to Director

### **Nahant COA Board of Directors**

Gertrud Joyce— Chairman	Emily Potts—Treasurer
Sarah Risher-Vice Chairman	Nancy Gallo -Secretary
Maura Costin-Vice Chairman	Sheila Hambleton
Geraldine Wittrock-Walton	Linda Jenkins
Nancy Wilson	

## **FROM THE DIRECTOR**

This past month the Nahant Historical Society presented the town's oldest citizen with the Boston Post Cane. Below is the readers digest version of the history of the Boston Post cane?

On August 2, 1909, Mr. Edwin A. Grozier, Publisher of the Boston Post, forwarded to the Board of Selectmen in 700 towns in New England a gold-headed ebony cane with the request that it be presented with the compliments of the Boston Post to the oldest male citizen of the town.

The canes were made from ebony shipped from the Congo in Africa. They had a 14-carat gold head two inches long, decorated by hand with a ferruled tip. The inscription on the head read, Presented by the Boston Post to the oldest citizen of Nahant, (or the town it went to) "To Be Transmitted". Over the years some of the canes got lost, stolen, taken out of towns, or destroyed. The custom of presenting the Boston Post Cane took hold in those towns lucky enough to still have canes. In 1930, after considerable controversy, eligibility for the cane was opened to women as well.

**Nahant continues the tradition.** The Nahant cane is under the care of the Nahant Historical Society.

May 2009: Fortunately Nahant's Boston Post cane is one that has survived and is still being awarded to our town's oldest citizen. The first recipient in 1909 was Franklin Johnson, a descendent of one of the earliest families on Nahant; the holder in 1953 was the former firefighter Lyman W. Waitt. Oliver C. Phillips took the cane with him when he moved to Maine in 1960. His family returned it to Nahant in the 1970s. The cane was then put into the care of the Nahant Historical Society by the town's selectmen. Most recently, the cane is presented and then kept at the Historical Society while a framed scroll is presented to the recipient as a permanent keepsake with the community's congratulations and best wishes! (via email from Bonnie Ayers D'Orlando, Assistant Curator, Nahant Historical Society)

This year's lucky recipient is **Lea Conley** who is the oldest resident in Nahant at 98 years of age. Please see page 8 of our newsletter for information on Lea.

*Linda Peterson*  
**Executive Director**

## “ON THE GO” SENIORS

It is with a heavy heart that I sit at my keyboard and past this information on, our bus driver, Joe Desmond is retiring effective September 30th after 8 years as our driver. Joe is always friendly, patient, attentive and flexible. All qualities needed to service the public. He will be sorely missed.

- Saturday October 5th**      **“Enjoying Cultures of Our World”** Highlighting the Asian Cultures of Thailand, Japan, & China. Featuring foods from those countries, entertainment from Cambodia, costumes (worn by the volunteers) from Japan and educational information. The evening festivities will take place at the Town Hall Auditorium from **6:00pm - 11:00pm**. Tickets are \$10.00 and includes a free beer or wine. Additional drink vouchers are \$2.00 each. Tickets can be purchased at the Tiffany Room or at the door.
- Tuesday October 8th**      **“Topsfield Fair”** Join us again this year as we visit America’s oldest agricultural fair. The Topsfield Fair began in 1818 when the Essex Agricultural Society, was officially granted a charter on June 12th of that year.  
**Leaving Tiffany Room @ 12:30pm**
- Thursday October 10th**      **“Fall Foliage Trip” to Rockport** A nice relaxing day in Rockport, with lunch on Pigeon Cove, shopping and a visit to a farm stand along the way.  
**Leaving Tiffany Room @ 10:00am**
- Wednesday October 23rd**      **“Lunch and a Movie”** Movie and restaurant to be determined. Contact the Tiffany Room for details.  
**Leaving Tiffany Room @ 11:30am.**
- Thursday October 31st**      **COA’s annual Halloween Party.** Wear your best costume and join us for a special lunch prepared by a guest chef, birthday cake and ice cream sundaes will be served. Prizes for the best costume will be presented. Costume parade will begin at **11:15 so be here for 11:00.**

### FRIDAY AFTERNOON AT THE MOVIES

- Friday October 11th**      **1:00 p.m.**      Breakfast at Tiffany’s
- Friday October 25th**      **1:00 p.m.**      Marley & Me

Van Transportation is available for COA activities and trips, call 781-581-7557. Information and calendar are subject to change. Please call, check the cable TV station, the Nahant website or email me at [lpeterson@nahant.org](mailto:lpeterson@nahant.org) for updates on other programs, trips & events.

## COMING ATTRACTIONS

### Anyone Interested in a 2 Day Escape to the White Mountains Hotel & Resort in North Conway, NH?



2 Days / 1 Night includes 3 meals (including Grand Sunday Brunch). 2 holiday shows, special cocktail prices, Santa visit and a gift.

**Tour Dates: December 1—2, 2013**

\$230. double    \$280. single    \$220. triple - Payment plans available

If you have an interest, please contact Linda Peterson for further details and to sign up, contact Linda Peterson: 781-581-7557.

(Must have 35 reservations, so tell a friend).

- Wednesday, December 11th**      **“Miracle on 34th Street”** at the Stoneham Theatre. Leaving the Tiffany Room at 12:45 for a 2:00 PM matinee. Dinner will follow the matinee at a restaurant TBD.

## AFFORDABLE CARE ACT

In March 2010, President Obama signed comprehensive health reform, the Patient Protection and Affordable Care Act (ACA), into law. The law makes preventive care—including family planning and related services—more accessible and affordable for many Americans. While some provisions of the law have already taken effect, many more provisions will be implemented in the coming years.

Open enrollment begins on October 1st for medical coverage beginning January 1, 2014. The Nahant Town Hall along with the COA and our town physician, Dr Ed Tarlov has invited, a representative from the Mass Dept of Health and Human Services to explain how the ACA impacts us. Join us on Tuesday, October 22nd at 12:30 in the Tiffany Room for this informative discussion. Light refreshments will be served.

## 6 STEPS TO PREVENT A FALL

Sunday September 22 was Falls Prevention Awareness Day. The National Council on Aging published this information to help you take control of your health with these 6 steps to prevent a fall. They say that every 15 seconds, an older adult is seen in an emergency room for a fall related injury.

1. Find a good balance and exercise program. Look to build balance, strength, and flexibility. Find a program that you like and take a friend.
2. Talk to your health care provider. Ask for an assessment of your risk of falling and share your history of recent falls.
3. Regularly review your medications with your doctor or pharmacist. Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.
4. Get your vision and hearing checked annually and update your eyeglasses. Your eyes and ears are key to keeping you on your feet.
5. Keep your home safe. Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.
6. Talk to your family members. Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue.

## COMMUNITY INFORMATION

Solimine Funeral Homes is introducing a newsletter called "Community Connections" below are two articles that I thought would be of interest to the town of Nahant.

The North Shore Alzheimer's Partnership is holding their 15<sup>th</sup> annual Caregiver's Connections Conference on Saturday, November 2<sup>nd</sup> in Danvers. There will be workshops with key information for caregivers of those with Alzheimer's, Dementia, Parkinson's and other diseases that affect the elderly. This conference will be held at the Doubletree Ferncroft in Danvers from 8:30 am to 1:30 pm.

This partnership was established in 1996 as a collaboration of public, private, professional and family caregivers. Their goal is to enhance the availability of community resources for dementia victims and their families.

Those interested in attending the conference are encourage to visit the North Shore Alzheimer's Partnership website at [www.alzheimerspartnership.org](http://www.alzheimerspartnership.org) as details will be available closer to the date of the conference.

Free Estate Planning Seminars will be held at Solimine Funeral Home on Wednesday, October 23<sup>rd</sup>. There will be 2 sessions on October 23<sup>rd</sup>, 2PM and 6:30PM. This seminar will be sponsored by Solimine Funeral Homs and will feature Nahant's Steve Smith from Stephen Smith Law Firm in Lynn and Joel Solimine, funeral director. Attorney Smith will discuss financial and legal strategies and requirements for effective estate planning and asset protection, including accessing Medicaid and Veteran's funding benefits. Joel Solimine will discuss the choices available today regarding personalized funeral services, options regarding cremation, and pre-planning.

Anyone interested in learning about these essential estate planning concerns is invited to attend this seminar. To register for this free event, call 781 595-1492. All attendees will receive a complimentary Planning Guide and refreshments will be served.

## FOOD FOR THOUGHT

### TIFFANY CAFÉ LUNCH PROGRAM

Served everyday at 11:30 - 12:30

All meals served with 1% milk, bread, crackers & soup  
Requested Donation - \$2.00

Thursday 31th

Celebrating October Birthdays

### FOOD SHOPPING PROGRAM

Wednesday 2th	Market Basket and Vinnin Square	12:30 P.M.
Wednesday 9th	Market Basket and Vinnin Square	12:30 P.M.
Tuesday 15th	Market Basket and Vinnin Square	12:30 P.M.
Wednesday 23rd	Market Basket and Vinnin Square	12:30 P.M.
Wednesday 30th	Market Basket and Vinnin Square	12:30 P.M.

## HEALTHY EATING

### Seared Scallops with Crispy Leeks

Herb-crusted scallops served with crispy baked leeks make an easy yet impressive dish to serve to friends

#### Ingredients

1 medium leek, white and light green parts only  
2 teaspoons plus 1 tablespoon extra-virgin olive oil, divided  
2 tablespoons all-purpose flour  
1 teaspoon paprika  
1 teaspoon garlic powder, divided  
1/2 teaspoon salt, divided  
1 teaspoon Italian seasoning  
1/2 teaspoon freshly grated lemon zest  
1/2 teaspoon freshly ground pepper  
1 pound dry sea scallops, tough side muscle removed



#### Preparation

1. Preheat oven to 425°F.
  2. Cut leek in half lengthwise, then cut each piece in half crosswise. Cut each quarter into long, thin strips. Rinse the strips in hot water and pat dry. Toss in a medium bowl with 2 teaspoons oil. Sprinkle flour, paprika, 1/2 teaspoon garlic powder and 1/4 teaspoon salt over the leeks; toss well to combine. Spread in an even layer on a baking sheet. Bake, stirring once or twice, until the leeks are crispy and golden brown, 10 to 12 minutes. Let stand on the baking sheet until the scallops are done.
  3. Meanwhile, combine the remaining 1/2 teaspoon garlic powder and 1/4 teaspoon salt with Italian seasoning, lemon zest and pepper in a small bowl. Pat scallops dry and sprinkle both sides with the seasoning mixture. Heat the remaining 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add the scallops and cook until golden brown, 2 to 3 minutes per side. Serve the scallops with the crispy leeks on top.
- top. **Makes: 4 servings    Active Time: 30 minutes    Total Time: 30 minutes**

**The Nutrition Program** is a service provided through Title III-C of the Older Americans Act. The Department of Elder Services manage 27 nutrition programs located through the state serving over 8 ½ million meals to seniors each year either in their home or at congregate meal sites. The Tiffany Room is a congregate meal site managed by Greater Lynn Senior Services (GLSS) along with the Meals on Wheels program.

Starting this month, GLSS is introducing a new food delivery service, **City Fresh**. **City Fresh** is located in Boston and began in 1994 with a take-out lunch operation in Roxbury that offered fresh, home-style ethnic foods. Five years later, **City Fresh** started serving schools and childcare centers, and diversified its menu to provide options for every taste. Today, they make thousands of delicious, affordable meals from scratch, and deliver them to childcare centers, schools and rehabilitation and eldercare programs throughout Eastern Massachusetts.

To welcome our new food delivery service, for the month of October, I am offering a free lunch to seniors who have never come to the Tiffany Room for lunch. Just call a day or two before you want to come in to reserve your meal. The menu is published in this newsletter so pick the meal that interests you and join us.



**Tiffany Café Menu**  
**OCTOBER 2013**  
*"One should eat to live not live to eat"*  
*~Moliere~*



\*\*= HIGH SODIUM ITEM

Monday	Tuesday	Wednesday	Thursday	Friday
<p>"Don't worry about avoiding temptation... as you grow older, it will avoid you." - Winston Churchill</p>	<p>1 Roast turkey/gravy Winter squash Garden salad/dressing Muffin Fresh fruit ALTERNATIVE Bbq tofu</p>	<p>2 Chicken parmesan Penne pasta Broccoli WW bread Pudding ALTERNATIVE Caribbean beef tips</p>	<p>3 Lemon pepper pork Black eyed peas &amp; rice Garden salad/dressing Rye bread ALTERNATIVE Greek salad/pita bread/hummus</p>	<p>4 Rosemary chicken Corn/red pepper Spinach Fresh fruit ALTERNATIVE Oxtail/sauce</p>
<p>7 Baked fish/diced tomatoes Rice &amp; black beans Italian blend veg. Rye bread Cookie ALTERNATIVE Caribbean chicken</p>	<p>8 Boeuf bourguignon Parsley boiled potatoes Garden salad/dressing WW bread Pudding ALTERNATIVE Pasta &amp; eggplant meatballs</p>	<p>9 Roast turkey/mushroom sauce Brown rice Carrots Italian bread Fresh fruit ALTERNATIVE Latin pork</p>	<p>10 Stuffed shells/marinara sauce Garden salad/dressing WW bread Fresh fruit ALTERNATIVE Stewed goat</p>	<p>11 Roast pork/gravy Sour dill potatoes California blend veg. WW bread Fresh fruit ALTERNATIVE WW pizza</p>
<p>14 <b>HOLIDAY</b></p>	<p>15 Southern style cod filet Rice &amp; beans Garden salad/dressing WW bread Fresh fruit ALTERNATIVE 3-bean chili</p>	<p>16 Meatball stroganoff Roasted potatoes Carrots WW bread Fresh fruit ALTERNATIVE BBQ pulled pork</p>	<p>17 Hamburger/roll Ketchup/mustard Sweet potato wedges Garden salad/dressing ALTERNATIVE Turkey/citrus sauce</p>	<p>18 Cheese tortellini/meat sauce Italian blend veg. Italian bread Fresh fruit ALTERNATIVE Tripe stew</p>
<p>21 Pork chop/gravy Baked beans Spinach Corn bread Ap- plesauce ALTERNATIVE Salsa chicken</p>	<p>22 Chicken/balsamic citrus sauce Garlic mashed potato Garden salad/dressing WW bread Pudding ALTERNATIVE Curried tofu/rice &amp; beans</p>	<p>23 Salmon/dill sauce Vegetable rice pilaf Green beans WW bread Fresh fruit ALTERNATIVE Stuffed rigatoni/tomato sauce</p>	<p>24 Beef stew Garden salad/dressing WW bread Fresh fruit ALTERNATIVE Baked tomato chili chicken</p>	<p>25 Turkey Milanese Rice &amp; beans Broccoli Rye bread ALTERNATIVE Chicharon frito (fried pork)</p>
<p>28 Cheese lasagna/tomato sauce Green peas WW bread Fresh fruit ALTERNATIVE Pork chops/gravy</p>	<p>29 BBQ pulled pork Mashed potato Garden salad/dressing WW bread Fresh fruit ALTERNATIVE Creole style baked</p>	<p>30 Lemon &amp; garlic chicken Red potatoes Collard greens Rye bread Pudding ALTERNATIVE Curried beef</p>	<p>31 <b>HALLOWEEN SPECIAL</b>  Roasted chicken Cranberry &amp; herb stuffing Butternut squash Halloween treat</p>	

## HEALTH AND WELLNESS

Tuesday 1st	9:30 a.m.	Manicurist (sign up required) \$10.00
Monday 7th,	12:00 p.m.	Blood Pressure & Glucose testing
Tuesday 15th,	9:30 a.m.	Manicurist (sign up required) \$10.00
Tuesday 29th,	9:30 a.m.	Manicurist (sign up required) \$10.00

### EXERCISE

Monday	9:00 a.m.	YOGA (\$5.00)	Tiffany Room
Tuesday & Thursday	10:30 a.m.	Chair Exercise	Tiffany Room
Monday	9:00 a.m.	Total Body Exercise	Community Center
Tuesday	1:00 p.m.	Cribbage	Community Center
Tuesday	5:00 p.m.	Total Body Exercise	Community Center
Wednesday	9:00 a.m.	Total Body Exercise	Community Center
Thursday	5:00 p.m.	Total Body Exercise	Community Center

### **VTech CareLine Home Safety Telephone System Bundle with Two CareLine Accessory Handsets and One Impulse Strapless Portable Safety Pendant**

Now there's a new way to stay in touch and stay safe at home. Introducing the VTech CareLine™ SN6197 home safety telephone system. Ideal for everyday conversations and emergency situations, it comes with corded and cordless phones, plus a portable safety pendant. **There are no monthly monitoring fees, installation costs or contracts.** In fact, there's nothing else like it. Bundle Includes1- VTech CareLine™ Home Safety Telephone System2- CareLine SN6107 Accessory Handset1- Impulse Strapless Heart Rate Monitor



#### **No Monthly Monitoring Fees**

No Monthly monitoring fees, installations costs or contracts.

#### **Voice Announce Caller ID**

Always know who's calling, even when you're in the other room. All devices announce the names of your callers through the speakerphones.

#### **Audio Assist**

Need more help hearing what's being said? Use Audio Assist to temporarily boost up the volume while you're on a call or listening to your messages.

#### **Digital Answering System**

Missed calls? The touch of a button retrieves all your messages

#### **Call For Help**

One-button or voice-activated dialing-no third parties required.

#### **Portable Safety Pendant**

Everyday conversations and emergency calls to 911 or a family member or both, are just a speed-dial button away. Wear it around your neck or clipped to your waistband for the most mobility at home.

## OCTOBER HISTORICAL EVENTS

**October 10, 1959** - The first passenger service circling the globe was announced by Pan American World Airways.

**October 14, 1912** - Theodore Roosevelt was shot from a distance of six feet and wounded, while leaving a hotel in Milwaukee, Wisconsin during his campaign tour. The bullet struck a bulky manuscript in his coat pocket, then entered his chest. Despite the wound, Roosevelt insisted on delivering his speech before going to the hospital.

**October 16, 1929** -The Tremont Hotel in Boston, Massachusetts, the first luxurious hotel in America, opened its doors with a dollar-a-plate dinner, attended by Daniel Webster and Edward Everett. This 170-room hotel offered many first-time luxuries and conveniences such as private bedrooms with door locks, soap and a pitcher of water in each room, indoor toilets (eight water closets), menus in the dining room, room clerks, and bellboys. Many architects in the future used the Tremont as a model for other luxury hotels.

**October 28, 1936** - Harvard College was founded.

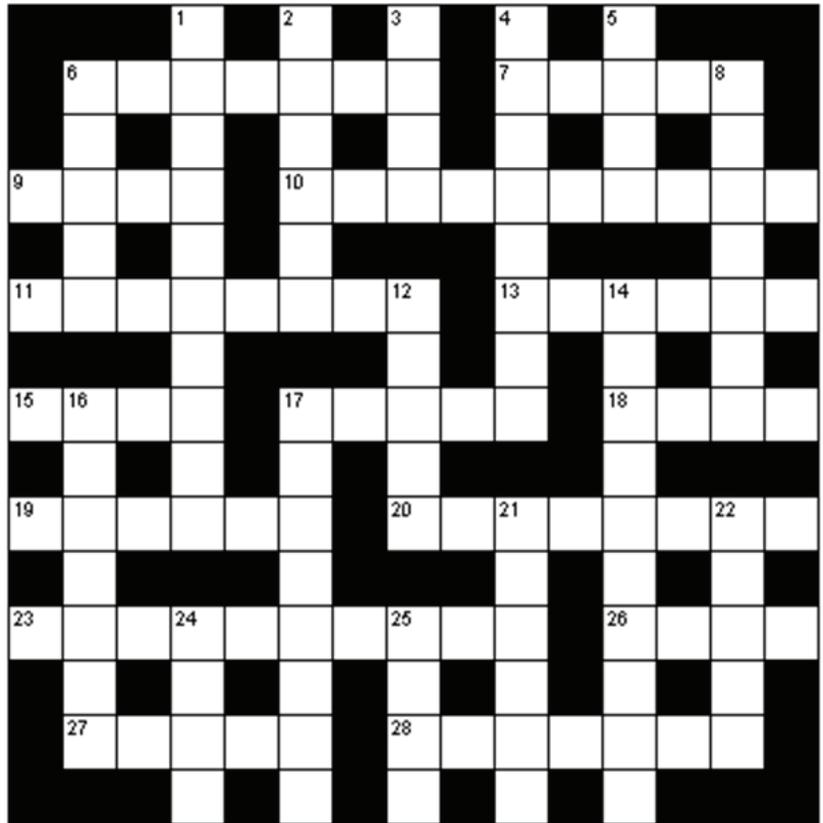
## Quick Crossword Puzzle #1071

### Across

- 6. An ancient Greek philosopher
- 7. Rule
- 9. Clue
- 10. Mallee
- 11. Reciprocals
- 13. Incongruous
- 15. Aquatic plant
- 17. An object
- 18. Reflected sound
- 19. Voice box
- 20. Overt
- 23. Portion
- 26. Close
- 27. A firm open-weave fabric
- 28. Clear up

### Down

- 1. Pharmacist
- 2. Penny pinchers
- 3. Ear-related
- 4. Boring
- 5. Speech disorder
- 6. Descendant
- 8. Feed
- 12. Pig
- 14. In a dutifully compliant manner
- 16. Low leather step-in shoes
- 17. Categorization
- 21. Give delight to
- 22. Picture
- 24. Brusque
- 25. Askew



**How to play:** The numbers 1 through 9 will appear once only in each row, column, and 3x3 zone. There are 9 such zones in each sudoku grid. There is only one correct solution to each sudoku. Good luck!

Difficulty level: medium.

					6	2	7	
					4	9		3
3								
4	3							
9	6		7		2			
		2	9					
	7	6	4		9			
							1	
2		5			7		8	

### A Bit More Humor

*A person without a sense of humor is like a wagon without springs. It's jolted by every pebble on the road.*



## Newest Recipient of the “*Boston’s Post Cane*,” to the oldest resident in Nahant;

**LEA CONLEY is 98 years young!** I sat down with the lovely Lea and listened to her wonderful stories of her life.

Lea loves dancing. One evening as she and her girlfriend ventured out to a dance hall in Revere, she met her wonderful husband, John Conley. They spent 72 years together, and had 4 children; 3 daughters and 1 son. John served in the U.S. Navy and the family moved to various locations, which Lea said she enjoyed, but the children weren’t so excited about.

The Conley’s spent winters in Florida. In addition to Florida, they spent some of their winters in Mexico, and as she said, “My husband researched it and said we were going to Mexico, and I said, ok.”

They built their home in Nahant in 1959, but didn’t live in it for several years because of the traveling they did while he was in the Navy.

Up until a few years ago, Lea volunteered at the Nahant Senior Center and very much enjoyed devoting her time, because she enjoyed helping others out.

She certainly is adventurous, and always went with the flow. Still driving and doing her housework herself, she is so vibrant and has such a beautiful outlook on life.

I asked her, “What keeps you so healthy?” She said, “Well, I don’t worry about much...*why*...it doesn’t help to worry.”

Interview by Caroline O’Connor on 9-10-13

## OCTOBER BIRTHDAY CELEBRATIONS

October 1 - Richard Zirpolo, Lillian Carr, Ellen Foley, Marion Capano, Antonina O’Connor, William King, Alicia Canali, Patricia Dawson

October 2 - Kenneth Taylor, Andrew Bisignani, Joseph Graul, Bruce Kutcher

October 3 - Gina Macone, Daniel Kane, MaryAnn Putnam, Sherry Smith

October 4 - Irene Pedonti, John Pescaia, Donald Gavin, Jane Kirkman, Deborah Murphy, Honey Amirault

October 5 - Davida Block, Hollis Hunnewell, Walter Sheppard, Charles Hansell, Joyce Libbey, Anastasia Sofronas

October 6 - Dorothy Comito, Lillian Scapiccio

October 7 - Jack Resnick, Roberta Goldberg, Paula Bennett

October 8 - Ellen Donahue, Cecile Dalaney, Mark Jacober

October 9 - Nancy Smith, Gregory MacDonald, Peter Marquez

October 10-Barry Kingsbury

October 11-John Magro, Adriano Nannini, Gail Davis, Susan Henriksen

October 12-Betty Sarpi, Henry Clausen

October 13-George Lyons, Giovanna Pasciuto, Lyudmila Gruzdeva

October 14-Marion Alimenti, Edward Ustaszewski, Luc Schepens

October 15-Mary Rotiroti, Michael Flynn

October 16-Beverly Oshea, John Standish, Thomas Gallery

October 17-Calantha Sears, Joseph Damico, David Hunter, Warren Shore

October 18-Maureen Ward

October 19-Dennis Urany, Leslie Fox, Dora Norcera

October 20-Frederick Szczechowicz, Mary Wachtel Barreda, Thomas Mitchell, John Prudian

October 21-Therese Hobbs, Beverly Belliveau, John wladkowski, Cynthia Christ, Robert Paul Sanborn

October 22-Jacqueline Proia, Joseph Riccio, Dennis Joy, Michael Cullinan

October 23-Alice Hall, David Rumpf, Frederick Stanley, Madely Davis, Therese Holdcraft

October 24-Lucy Grimm, Athas Kourkoulis, Andrew Puleo, Sandra Cavallaro, Joanne Hunter

October 25-Lea Marie Conley, Margaret Waters, Marilyn Mahoney, Henry Kettell

October 26-Anita Goodman, Wayne Noonan, Jean Murphy, Lynne Berkowitz, John Sereda

October 27-Carolyn Fowle, Nancy Witman, Jayne McCarthy, Dianne Greenstein

October 28-Gloria Ventura, William Oshea

October 29-Rose Russell, Gary Reccia, Mary Ellen Schumann, Louis Wallach

October 30-Rita Wladowski, Robert Steeves, Kenneth Cormier, Richard Conigliaro, Linda Cunningham

October 31-Victor Dalpozal, Susan Mahoney, James Bucci